

Thinking about quitting smoking? HealthMedia Breathe® can help you quit smoking for good.

How many times have you told yourself you would quit smoking if only you had some help? Breathe will create a personalized quitting plan for you with strategies for decreasing your dependency, dealing with cravings, and quitting for good. This award-winning smoking cessation program has helped others succeed, and it can help you too! What are you waiting for?

To sign up, you may enroll by phone by contacting Corphealth toll free at 1-866-378-1645 or online at www.corphealth.com/arwellness.

*To participate in the program, you must be enrolled in one of the health insurance plans offered to state employees.